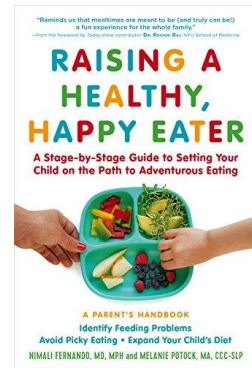


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 3: September 22 – 28 Read Chapter 4

Questions and thoughts to consider as you read:

1. What did you think of the “first step to learning to eat solids?” (discussed on page 51)
2. I love the statement “what happens at the hips, you see on the lips.” (discussed on page 51) I’ve heard physical therapists say, “hips before lips” meaning you need stability in the hips before you get stability in the jaw for talking...guess that holds true for eating as well!
3. I appreciated the specific positioning guidelines for seating baby in a highchair. (discussed on pages 52 - 53)
4. Do you talk to families about not saving the day when baby starts to struggle? I call this “creating moments of healthy frustration.” (discussed on the bottom of page 55)
5. What are your thoughts on baby led weaning? And did you know the acronym BLW? (discussed on pages 56 - 57)
6. I appreciate the mention of family mealtimes being a time for bonding (discussed on page 60)

7. What are your thoughts about not starting with white rice cereal as baby's first food? (discussed on pages 63 - 64)

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers